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Housekeepers' Chat

Wednesday, February 14, 1929.

NOT FOR PUBLICATION

Subject: "A Luncheon for Valentine's Day." From Bureau of Home Economics,
U. S. D. A.

Bulletins available: "Aunt Sammy's Radio Recipes," "Aunt Sammy's Radio Record."

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My Next-Door Neighbor is giving a Valentine luncheon tomorrow, for three of her friends. She gave me permission to describe her luncheon table, and her menu.

Her table is square. On it she will use two lace-trimmed linen runners, which will cross in the center of the table. The centerpiece is a dainty basket of spicy red carnations and white narcissus. The place cards are old-fashioned penny valentines made of lace paper, decorated with hearts and cupids. Each valentine bears a very sentimental sentiment. "Why not?" said my neighbor. "February 14 is the most sentimental of occasions."

Do you remember the little candy hearts which were in vogue when you and I were in grade school? My neighbor found some of these candies with appropriate mottoes, which help fill the red and white nut cups. The candies are too hard to eat. As my friend says, people who place good food above sentiment would probably serve red and white sugary mints, instead of the hard candies.

Here's my neighbor's menu for the Valentine luncheon: Creamed Oysters; Shoe String Potatoes; Peas; Currant Jelly; Heart-shaped Biscuit; Cupid's Dart Salad; Fruit Cup, and Heart-Shaped Cakes with Pink Icing.

You may have a recipe for Creamed Oysters, or perhaps you are one of the fortunate women who can cook without a recipe. However, I'll broadcast directions for Creamed Oysters, just in case there's somebody waiting for them.

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One quart of oysters, fresh or canned, will be plenty. Let's make a list of the ingredients needed for Creamed Oysters:

1 quart oysters, fresh or canned	1/2 cup flour
2-1/2 cups milk, and oyster liquor	1 teaspoon salt
1/2 cup butter	1/8 teaspoon pepper, and
	1/4 teaspoon onion juice, if desired.

Count your ingredients, please -- to see that they're all here: (Repeat)

If you are using fresh oysters, cook them in their liquor, until the edges begin to curl. Don't let them cook too long, or they'll be tough, and nobody likes a tough oyster. Strain off the liquor. To this liquor, add enough milk to make 2-1/2 cups. Melt the half cup of butter, and add the half cup of flour, stirring the butter and the flour till they are well blended. Then add the liquid to the butter and flour mixture. Cook for 5 or 10 minutes to do away with the starchy flavor of the flour. Add the oysters and the salt and pepper and onion juice. Serve in patty shells or on toast. If you use canned oysters, strain them from their liquor, without the preliminary cooking, make the sauce, and add the oysters, according to the directions I have just given you.

Here's a point worth adding: Serve Creamed Oysters at once. If they stand, the juice of the oysters is likely to ooze out, and make the sauce watery.

Shoe string potatoes, hot, crisp, and golden brown, are most appetizing with Creamed Oysters. Shoe String potatoes are fried in deep fat, the same as French fried, but they are cut in finer strips than French fried.

Directions for Shoe String potatoes would go something like this, I fancy: Peel the potatoes. Then cut them lengthwise into strips about the size of a lead pencil. Rinse the strips in cold running water. Soak for an hour or two in cold water, to remove as much starch as possible. Dry carefully between dry cloths. Heat a kettle of deep fat, hot enough to brown a small piece of bread in sixty seconds. Fry about a cupful of potatoes at a time. Remove them from the fat when they are golden brown. Drain them on absorbent paper, and sprinkle with salt. Serve at once while they are hot and crisp.

Of course, the ideal equipment for French fried and Shoestring potatoes includes a deep kettle, and a wire basket. However, if you do not have a regular frying kettle, an aluminum saucepan will do very well.

Let's see, what's next on our Valentine luncheon menu -- peas, currant jelly, and heart-shaped biscuits. Hope you have a sharp cutter, heart-shaped, for the biscuits.

Then we have Cupid's Dart Salad -- you'll need a heart-shaped cutter for that, too. In fact, if you don't have a heart-shaped cookie cutter, it looks as if you'd have to get one from the ten-cent store.

Cupid's Dart Salad is made of canned pineapple. With a sharp cookie cutter, cut each slice of pineapple into the shape of a heart. Place your cutter so that the hole in the pineapple comes in the center of the heart. Make little balls of cream cheese, mixed with canned pimento, to give a touch of red, and place a cream cheese ball in the hole of each pineapple heart. Then, make arrows of slender, tender pieces of celery, with leafy tufts at one end. Thrust a

celery arrow into the cheese center of the pineapple heart, at about a 45 degree angle, and with a leaf of lettuce, there's your salad.

Let's repeat the menu for the Valentine Luncheon: Creamed Oysters; Shce String Potatoes; Peas; Currant Jelly; Heart-Shaped Biscuits; Cupid's Dart Salad; and for dessert, Fruit Cup and Heart Shaped Cakes with Pink Icing.

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Tomorrow: "The Art of Being Well Dressed."

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The first part of the paper discusses the importance of the study and the objectives of the research. It also mentions the scope of the study and the limitations. The second part of the paper discusses the methodology used in the study. It mentions the data sources and the statistical methods used. The third part of the paper discusses the results of the study. It mentions the findings and the conclusions. The fourth part of the paper discusses the implications of the study. It mentions the policy implications and the future research. The fifth part of the paper discusses the conclusion. It mentions the overall findings and the recommendations.

### References

1. Smith, J. (2010). The importance of the study. *Journal of Research*, 10(1), 1-10.